THE Lions' Pride
OF SAINT LEO UNIVERSITY

FRIDAY, MARCH 2, 2007 VOLUME XLVII NO. 10 SINCE 1965

Distractions in the classroom leave some disgruntled

BY NIKII BROWN
Lions' Pride Assistant Editor

One of the perks of attending Saint Leo University is the laptops that are provided to students. With the technological advances, having a computer is a necessity, but are the laptops providing a distraction in the classroom?

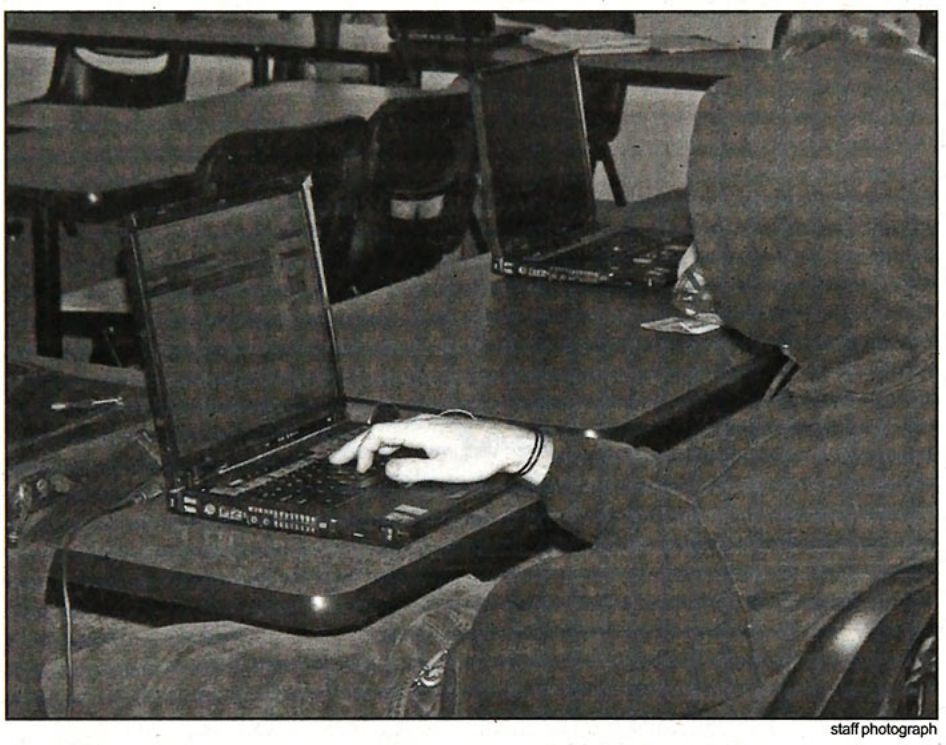
Students bring their laptops to class under the ruse of taking notes; however, some students are checking their Facebook and Myspace profiles, making bids on eBay, sending instant messages to their friends, or surfing the web.

Saint Leo campus is wired to provide wireless internet access in every building. Having ready web access makes for a greater learning experience. Students can do research for in-class projects, look up subjects being discussed or current events, or take faster notes by typing.

"In my SLU 100 freshman experience, we talk about the different expectations professors might have of computers being brought to class, used in class, or even opened up in class," said Jennifer Garcia, assistant director of student involvement.

Even though the classrooms have wireless internet, some teachers ban laptop usage during their classes. Some students are against this, but the professors want the attention of the class on the lecture or presentation and not on the Facebook news feed.

"I believe that students should be able to use their laptop computers in a classroom when the professor is using information on the computer for class purposes or for taking notes," said Dr. Ed Dadez, vice president of continuing education and student services. "I do not believe that students should be able to use laptop computers in a classroom for non-classroom purposes, such as instant messaging other people, emailing one's parents, purchasing products from eBay, or surfing the internet."



staff photograph

Some students misuse their classroom time to surf the net or IM friends.

However, do the students have a right to bring their laptops and choose whether or not they are attentive in class? It's a good question.

"There are certain times in my class where I will ask students to shut their computers and participate in the activity at hand or discussion; but overall, I leave it up to them," Garcia said.

Some students may argue they pay for their classes, so how they decide to receive the information given in class is up to them. This may be true, but at the same time other students are being distracted by what they see on glowing screens.

"I can't stand when someone is typing away and they are on AIM and searching the web. It can be very distracting," junior Dana Leff said.

Besides being a distraction, it can be disrespectful to the person presenting.

"I believe that these behaviors are disrespectful and rude to professors and fellow classmates who are there to teach and learn," Dadez said.

Students can choose not to pay attention in class, but the issue is not only the distraction provided by laptop usage, but the respect that should be given. When the professor is lecturing, students should be considerate. It is hard for some people to work up the courage to speak in front of a room. This may be true not only for the professors lecturing, but for students who must present projects. This can be distracting and cause anxiety.

"I think it's rude when you're sitting next to someone in class and the teacher is talking, and the topic or class discussion has nothing to do with the computer," Leff said.

Even though some students are abusing their laptop privileges, there are students who honestly take notes. And when laptops are banned, these students are being penalized for what their classmates are doing and could be suffering because of it. Handwritten notes take longer to write, and when written in haste may be hard to decode. Not having adequate notes can hurt a student's performance. In addition, waiting for someone to complete handwritten notes can prolong the lecture and take time away that could be used for something else.

"Some students work better when they have a computer in front of them. They might be able to type faster and easily organize notes," junior Becka King said. "If students don't pay attention by going on the internet or whatever, that's their problem, but students cannot pay attention in other ways too, so it's what you make it I guess."

What about the flip side of things? What do students think about laptop usage in class? Besides the "I pay for my classes I should decide how to spend my time in class" spiel, some students will argue they need the laptops to focus or to stay awake in a boring class.

For some students, focusing on something that keeps their interest will keep them attentive in the class discussion. It sounds a bit farfetched, but different students have different

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Were you prepared for college?

BY JAMIE PASCUCCI
Lions' Pride Staff Writer

According to a national survey by FileMaker, Inc, nearly half of college students do not have the skills they need to cope with college demands.

The survey said nearly half the college students, about 47 percent, believe they were not prepared adequately in their high schools with the organizational skills required to do well in college. Fifty-four percent of students believe their grades would improve if they "got organized and stayed organized."

Time management is very important in college. There are so many different distractions on a college campus. It is important that college students learn quickly they need to balance school, work, and extracurricular. Forty-eight percent of college students said they don't have enough time to do their course work.

According to FileMaker, "most (74 percent of students) spend less than 20 percent of their free time partying, and nearly half (48 percent) said partying affects their grades."

"I feel if I wasn't in honors classes in high school that I would not have pushed myself hard enough. Being in those classes made me work hard, and I think that is what helped my transition to college," said freshman Pam Walcott.

There are numerous students who feel the same way as Walcott.

"I think because I set such high expectations for myself in high school I didn't want to see my grades slip in college," Amanda Laffin said.

Freshman Lindsay Kuefner said the transition to college was hard.

"I feel academically I was mostly prepared, but when it came to moving away from my friends and family, I didn't realize how hard the transition was really going to be," she said.

Indeed, the transition to college is difficult, but it is important for college freshmen to take the first semester very seriously. This is important because it is not high school, where students can just make up for the first half of the year by working harder the second half. Students get the grades they get, and if they did not work hard enough, then they can only blame themselves.

Most high schools teach students how to be prepared academically for college, but it is hard to teach high school students time management if they are not involved in more than one activity. Also, students have to mature quickly when going away to school. It is hard to leave friends and family.

Opinions

American Idol's remarks too harsh

KATIE GAISER & SIMONE WILLIAMS
Lions' Pride Staff Writers

The sixth season of Fox television network's most famed series, *American Idol,* is in full swing. There are the judges: Paula Abdul, the kind-hearted buffer zone; Randy Jackson, the suave music veteran; and Simon Cowell, the brutally honest bachelor. And then, there's the witty broadcaster, Ryan Seacrest. *American Idol* has the highest ratings ever this season as over 36 million people across America tune in every Tuesday and Wednesday.

But, one has to wonder. Are all those millions of people tuning in to find out who is going to be the next Fantasia, or are they watching and enjoying the horribly bad singers Simon chews apart with his brute honesty? There has to be a reason for the frequent clips of outrageous singers from past and current seasons during the first few weeks of *American Idol.*

A common mistake made by viewers is thinking each and every contestant on the show gets to see the judges; when in fact, only some of these people get to see them. Everyone who auditions has to go through two preliminary rounds before seeing the three famed judges.

All the people lined up at the beginning of the show go through producers first. Then, after bulks of the people are eliminated, the contestants audition for the executive producers. Only the very best, and the very worst, get through to see Paula, Randy, and Simon.

Contestants actually have to sign a contract before and after the audition. Before they see Simon, Paula, and Randy, they must talk to Ryan Seacrest and tell him a back story or give a summary of how they're feeling. After the audition, whether or not they made it through, the contestant must talk to Seacrest about the audition. The cameramen will follow the contestant outside because Seacrest has to talk to them.

Some of the people watching *American Idol* are waiting for the next great singer to expose his or herself. Still, others only watch *American Idol* for the barrage of insults coming from Simon and the retaliation from the contestants.

The Fox network knows sending people who dress up oddly, can't sing, and aren't the prettiest of people gets the television network higher ratings. Simon Cowell has a history of being downright mean on *American Idol.* Simon's comments are more than a bit offensive and often are pertaining to the person's appearance more so than voice.

American Idol is supposed to be about finding the best singer, not the best looking person. But unfortunately, appearance does make or break a person in today's society. Once in a while, there's always that aesthetic martyr who can sing exceptionally well despite appearances. But, he is sometimes still told not to bother coming back.

No one is safe from Simon's harsh criticism. It is actually Simon's criticism that reflects the views of Americans. And, that's the problem with *American Idol* and its viewers. They're harsh and uncaring. The subliminal message from the show negatively influences and reinforces demeaning beliefs about how someone should look or act. Soon, the only difference between Hitler's actions and America's will be that America hasn't gone to the extreme and started to massacre inferiors.

What should people do? The first step is to make themselves aware of what they're doing. The only thing to do after being made aware of their mistakes is to stop. Nobody is perfect.

The Cold War: Back by popular demand

BY JOSHUA M. SMITH
Lions' Pride Staff Writer

"There was an equilibrium and a fear of mutual destruction. And in those days one party was afraid to make an extra step without consulting the other. And this was certainly a fragile peace and a frightening one, but as we see today, it was reliable enough. Today it seems that the peace is not so reliable."

- Russian President Vladimir Putin, February 12, 2007

It has been more than 17 years since the Berlin Wall fell. Many of Saint Leo's students were still in diapers at the time. Some of us were old enough to watch it crumble.

And as we watched democracy triumph over tyranny, as the masses of people used sledgehammers, bulldozers, and their bear hands to tear down the wall that had separated a repressed people from a free world, we hoped that new generations might not have to live under the daily threat of nuclear holocaust. We hoped that the leaders of the world would no longer need a precarious policy such as Mutually Assured Destruction (M.A.D.) to "protect" us. We hoped to share our prosperity with a world now unchained by the threat of World War III.

But, as humans are wont to do in the absence of a common enemy, we slowly turned against each other. Europe, no longer in need of U.S. protection from an evil empire, began moving towards economic union with the goal of rivaling America. Americans turned against each other: poor versus rich, Democrat versus Republican, blue state versus red state. We took a vacation from history through the '90s and fought tooth and nail over presidential fellatio and a close election.

Then 9/11 came and turned the world on its shoulders—for about three weeks.

In those three weeks, across the world people were lifting banners reading "We Are All New Yorkers." In those three weeks, liberals stopped emailing "Bushisms" to each other. In those three weeks, we came together.

And then, it was back to business as usual.

Why do we fight each other? Why do Democrats snipe at Republicans? Why do the poor blame the rich? Why do the liberal East and West Coasts battle the conservative heartland? Why? Because we have nothing better to fight than each other.

Russian President Vladimir Putin has, in recent days, stepped up his anti-U.S. rhetoric. At a recent trans-Atlantic security conference, he waxed nostalgic for the old world of fear, the world where East and West stood toe to toe waiting on one another to blink. Considering Putin's background as a cold warrior in the former KGB, his comments seem eerily like wishful thinking.

For those born and raised in a world where World War III seemed inevitable, such rhetoric can be as comforting as a mother's arms. In a way, life during the Cold War was simpler than today. During the Cold War, we always knew who the enemy was. Our fear of him may have been irrational, but it was unambiguous. Now, who are our friends? The Europe that demanded we ratify a global warming treaty designed to destroy our economy?

No. Now, more than ever before, the United States stands alone. We still had friends when we went after the Taliban in Afghanistan; our allies were glad to help us attack a country with zero economic interest to them. When it came to Iraq, though, our old allies—and new—had too much to lose. France and Germany had deep financial ties with the Saddam regime. Russia had been exporting weapons and military technology to Saddam for years. All three countries have been implicated in the U.N. Oil-For-Food scandal.

Maybe Putin is right. Maybe things were better under the constant threat of nuclear war. A return to such a sustained global crisis would justify Putin's rollback of democratic reforms within Russia's sphere of influence. A renewed Cold War would force our "allies" in Europe to once again choose between the yoke of tyranny or the promise of freedom.

And what would it mean for America? Would America unite once more when faced with the common threat? Would we? I'm not so sure. Over the last ten years, I've seen murderers like Che Guevara elevated to sainthood by Generation Y. I've seen foreign dictators spew vile anti-Americanism on the floor of the United Nations while citing American professor Noam Chomsky as their guiding light.

Americans unite? I might have believed it possible five years ago while I sat glued to my television as New York, Washington, and Pennsylvania burned. I'm not sure I believe it possible now, considering the sustained cold war we've fought amongst ourselves since those dark days.

Americans used to worry that the Soviet Union was planning to invade the United States to take us over. In reality, they were just waiting for the revolution to destroy us from within. Despite the disappearance of the Soviet Union in name, the time may finally be right for their ultimate victory over capitalism.

I once hoped that there would never again be a need for an enemy as great as the Soviet Union to bring Americans together. I watched the Berlin Wall come down and hoped that the reunification of Germany would signal the reunification of the world. Boy, was I naïve.

The truth is we as a nation are still not farsighted enough to see the growing danger for what it is. Instead, we snipe at each other and pretend such bickering is securing our way of life. We have not outgrown the need for a global Cold War to remind us who our friends and enemies are.

So, in a perverse and unfortunate way, I'm thankful that Putin has stepped up his rhetoric against us. This freedom we enjoy in this country wasn't free. Putin has now reminded me of that. The cold, hard truth has reentered my consciousness. I just hope the new generation paid attention during history class, so they can recognize the danger we may once again face.

And, I hope we will face that danger together.

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Business lecture reaches out to seniors

BY JENNIFER REILLY
Lions' Pride Editor

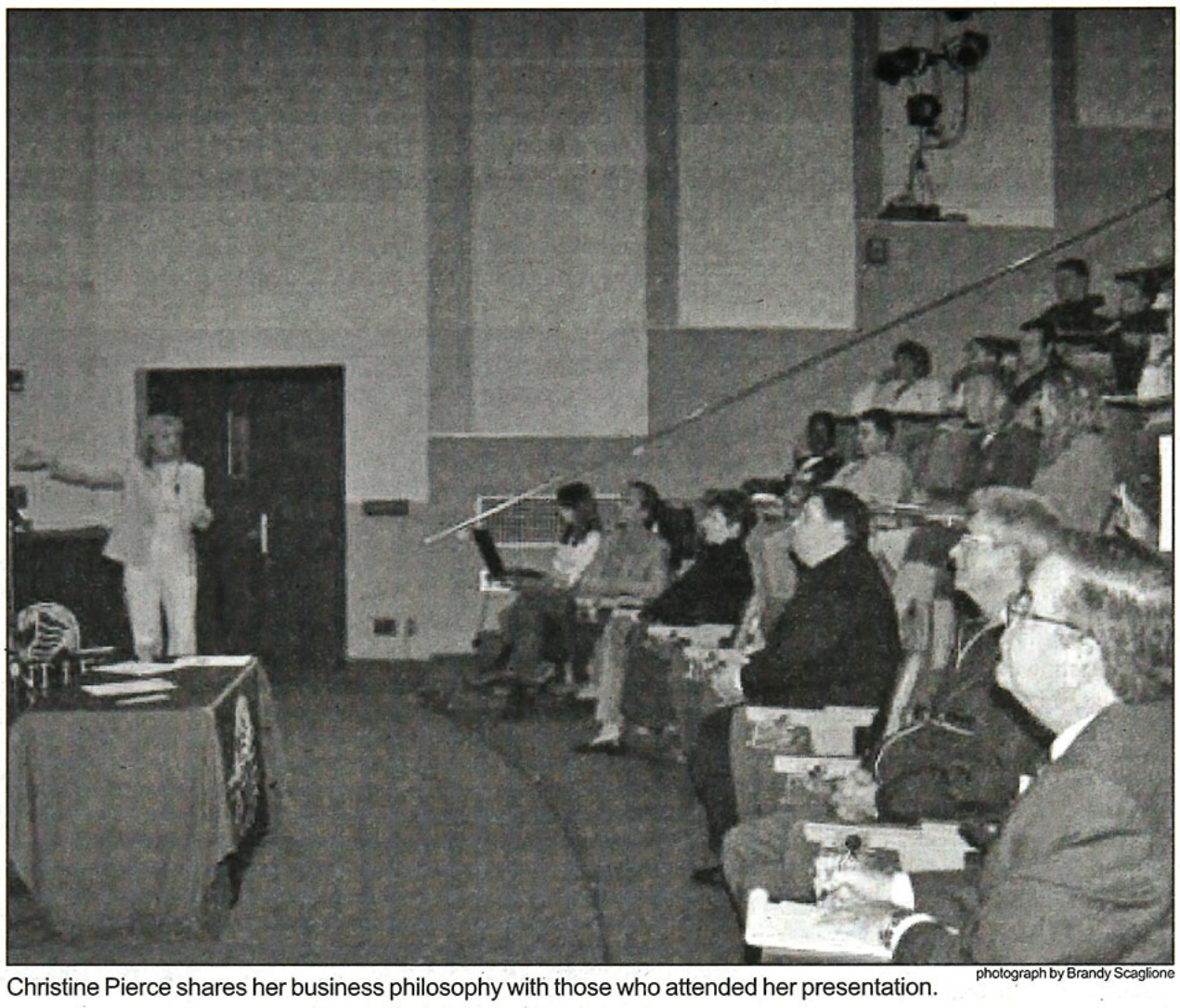
As graduation grows nearer and nearer, Saint Leo seniors may find themselves eager to enter the job market. As a service to the Saint Leo students and community, the School of Business has created a guest lecture series featuring outstanding business people in Tampa. Nicknamed *Professor for A Day*, the program will allow students to practice their communication, interviewing, and social skills.

"The idea is that industry executives have a wealth of knowledge that they are anxious to share with students, and it gives them a chance to pass along real world tips to students as they prepare for entering work," said Dr. Michael Nastanski, dean of the school of business. "For the students, it gives them a chance to learn about specific industries, executive perspectives on business, and get answers to questions that may be on their minds," Nastanski continued.

The first guest lecture took place on Thursday, February 1 in Selby Auditorium. Ken and Christine Pierce brought their unique experiences in management and business in an exciting lecture about finding the job that is right for each person.

Christine Pierce, a senior vice president for PODS Inc., is responsible for developing major corporate relationships and building employee relocation services. She has worked for Delta Airlines and Continental Airlines and has continuously escalated her career using a philosophy she shared with Saint Leo students.

"What you may not know is that how you learn, and how you process information has a lot to do with the jobs you may have," said Ms. Pierce. Students were able to explore the ways in which they learn through a personality quiz.



photograph by Brandy Scaglione
Christine Pierce shares her business philosophy with those who attended her presentation.

Ken Pierce, an expert on staffing, marketing, management, operations, and financing in the hotel industry, spoke on the topic of job searching. As a former senior executive for Kforce, a national staffing company, Mr. Pierce stressed that finding work takes time and effort.

"Getting a job is a job," Mr. Pierce said. Mr. Pierce has developed four steps in a job search process and urges students to spend between 8 to 10 hours a day when they are actively looking for a job. The steps are: create a plan, create your story, develop a call list, and socialize a network. These steps are based on the vital act of positioning oneself desirably in the eyes of potential employers.

Professor for a Day will continue throughout the semester. Upcoming guests include Mr. Pat Ciacco, food & beverage director for Saddlebrook Resorts on Tuesday, March 13, and Mr. Tom O'Brien, president & CEO, AAA Auto Club South on Wednesday, March 28, both of which will speak for international hospitality and tourism students.

Poet James Tokley hypnotizes listeners with his poetry

BY KRISTIN BRITTAIN
Lions' Pride Staff Writer

As an eloquently spoken voice reverberated throughout the library's meeting area, James E. Tokley captivated his audience. He breathed fiery life into his poetry, which he read aloud.

Abandoning the podium, Tokley requested in the beginning, and then he insisted that he would sit down among the audience in a much more intimate setting.

"I believe every place has a spirit that will reveal itself. At first I wanted a podium, like at an amphitheatre, but this place screams for a nice chair," Tokley announced.

With that, Tampa's first official Poet Laureate, who was dressed in golden traditional African attire, sat down among his audience and began in his booming voice, "I brought some friends along," and he proceeded to recite the likes of Langston Hughes and Paul Lawrence Dunbar as well as many of his own poems.

Tokley has been recognized nationally as an accomplished poet. He wrote the inaugural speech for two Tampa mayors, former mayor Dick Greco and current mayor, Pam Iorio. Furthermore, this year Tokley delivered the inaugural poem "A Meeting of People" at the swearing in ceremony for newly-elected Florida Governor Charlie Crist.

Three of Tokley's works are published as public exhibits. One of which, for one year and several days, had the honor of producing the longest poem ever to be posted in humanity in the world. "Leviathan" was a poem about a great blue whale. It stood 63 feet high and 45 feet wide and could be seen in downtown Tampa. When asked about this, he said, "It still blows my mind."

An African American poet, Tokley, spoke at Saint Leo to bring the history and culture of African Americans to the university, in celebration of African American History month. This was the first event in the spring writer's series.

Tokley's poems held a wide variety of emotions; he ranged from happiness, from getting published in New York, all the way to a melancholy tone depicting lynching at a county fair.

"A writer, a poet must feel. Whatever the essence of something is, a poet can get into it. One size fits all, live by it," Tokley said.

With this being his motto, Tokley engaged his audience with hand gestures, lively speech, and theatrical faces. He made the audience believe that his words became the subject's essence. Everyone in the room who was listening became a part of his poems.

photograph by Kristin Brittain
Tokley held the imaginations of those who listened.

Knowing there were many young future writers and poets in the room who came to see him speak, Tokley described his process as well as himself as "a slave to metaphor and analogy." He said, "Human condition is my rose bed; it is where I live, my backyard."

When asked when he knew he was writer, Tokley announced he had been in love with words since he was a little kid.

"My mother used to read to me and that is where it all began," he said.

Tokley is a musician, as well. He released a debut CD-ROM called "Urban Griot" with a fast pace tempo in which his poems are set to music. And with his many successes, he is now looking for a national publisher.

Tokley hypnotized Saint Leo's listeners and held their imaginations enthralled enough to only break the spell when it was time to clap. Saint Leo was honored to have Tokley reenact his words, as well as others, and make poetry come alive right before our very eyes.

Academic Excellence Day

Thursday, April 19, 2007

A day set aside for the celebration of student achievement.

Dance Dance Revolution (DDR) keeps students fit

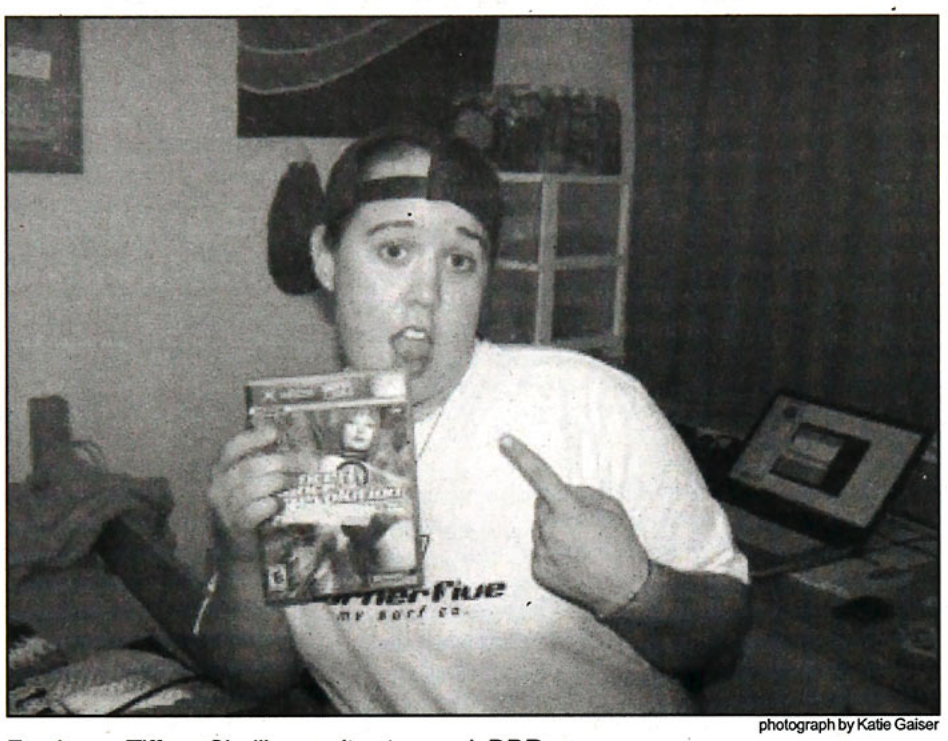
KATIE GAISER & SIMONE WILLIAMS
Lions' Pride Staff Writers

When the average people think of exercise, they think of an hour at the gym or even as little as a trip to the mailbox. There are very few who would consider playing a video game as an adequate form of exercise. However, Dance Dance Revolution, more commonly referred to as DDR, is the perfect game for anyone who wants to have fun while losing weight. DDR is a fastpaced, physically exerting game.

In case there are students who aren't yet familiar with the game, here's a rundown of how to play. To get started, students need the disk and a game mat, which is essentially the controller. Players stand on the mat, which consists of four arrows pointing up, down, left, and right. Players first must choose a song and difficulty level before beginning. They can choose anywhere from beginner to heavy, which regulates the amount of arrows, combinations, and overall speed.

After selecting these options, the game begins. Players watch the screen for the arrows that direct them to the corresponding arrows on the mat. The object of the game is to step on each arrow as it scrolls to the top of the screen. At the end of the level, players are awarded a letter grade for their performance. If players do not get a high enough letter grade, they do not pass the level and must repeat it before they can move on. As players pass each level, the difficulty increases, making it more challenging to move on.

Like most console games, DDR has a multiplayer alternative. All that is needed to play this mode is an extra mat. The multiplayer option is a fun and exciting way to bring competitiveness to the game. Players can use battle mode, which allows them to play against each other. An interesting feature in the game is that players can determine the difficulty level they are most comfortable with. A beginner is able to face a person who may play on standard or even heavy. This aspect allows players of different skill to compete with each other with no problem.



photograph by Katie Gaiser

Freshman Tiffany Challies can't get enough DDR.

"I like the competitiveness of the game," said freshman Tiffany Challies. "It's fun to try to beat other people, and the more you play the better you get."

DDR also offers other modes, including game mode, training mode, and edit mode, which allows players to create their own original dance routines.

The most unique part of this game is it has a workout mode. Players input their weight and workout goal before they begin. The game counts calories as they are burned and keeps a record of each player's progress. This feature allows people of all ages to play the game not only for fun but for the benefit of their health.

"I think it's a great way to get some exercise without feeling like its work," said Challies.

Freshman Anna Robinson agrees.

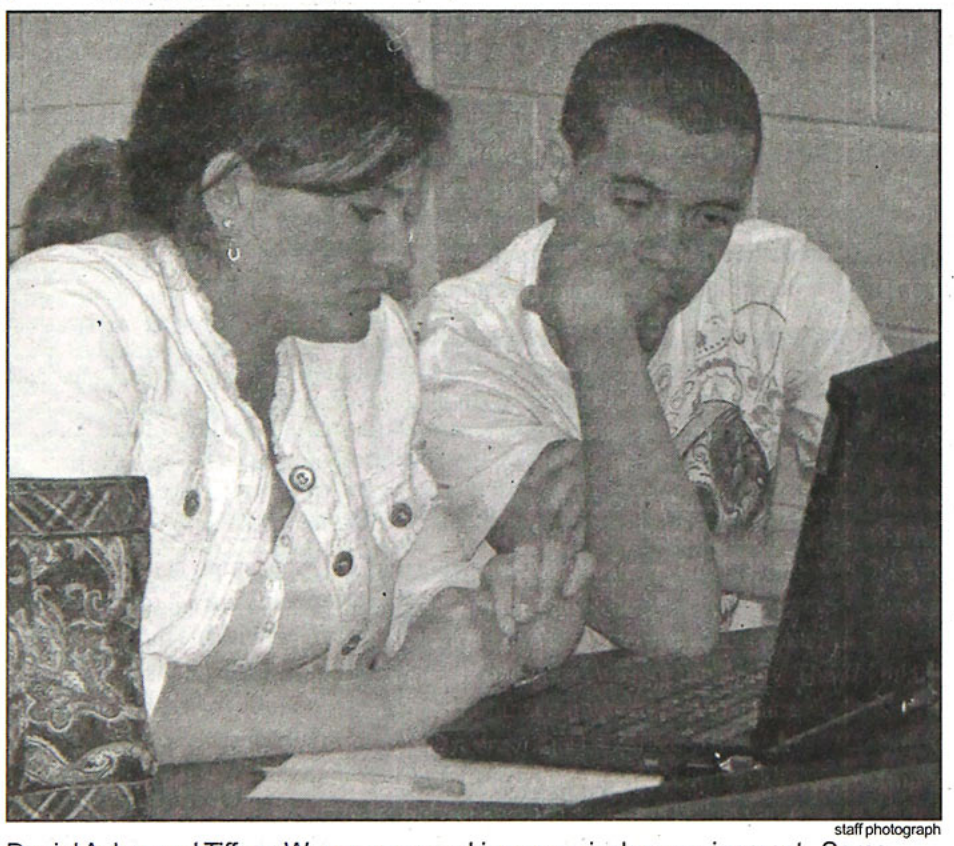
"It's kind of like the athletic version of video games," she said. "It's a workout in four steps."

According to CBS NEWS, the state of West Virginia plans to add Dance Dance Revolution to all of its public schools' physical education programs as a way to try and prevent childhood obesity early on. This is a great opportunity to give children a chance to stay active regularly while also having a bit of fun.

Whether students look at DDR as a form of exercise or just a fun activity to do with friends, it is becoming a massive hit at Saint Leo. Students all over campus are coming together and enjoining the game in their dorm rooms and during programs.

"I like DDR. It makes me laugh because I am not good at it at all," Robinson said. "But it's fun to try it."

Both Xbox and Playstation 2 offer the game, each putting out different versions to choose from, including DDR Extreme 2 and DDR Supernova. The game runs on average $20 to $30, depending on which version and what game console a buyer prefers. Some games also offer a game mat in a package deal. These games cost a little more, anywhere from $40 to $60. Additional mats are around $20 and can last up to a couple years, depending on its use.



staff photograph

Daniel Asher and Tiffany Wengyn are working on an inclass assignment. Some faculty are only allowing laptops in class when students are working on class assignments.

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ways of keeping their focus. For one student, it may be to have absolutely no distractions around: no laptop, no cell phone, no paper and pen. For another student, it may be to have something to keep his or her mind stimulated so he or she can stay focused enough to be a part of the class.

"It can be very disrespectful, but if a student really can multi-task or is using the computer for the right reasons during class, I personally think it is their choice to learn at that point," Garcia said.

Students not paying attention isn't something that just came up with the increase of laptop usage. When there was only paper and pen, students doodling kept them from being a 100% attentive. Laptops are just an upfront picture of students not paying attention.

There's no easy way to determine if students are paying attention while on laptops or if they are completely ignoring the discussions around them. Either laptops will need to be banned, or students will have to start taking responsibility and acting respectful.

photograph by Katie Gaiser

Amy Persaud's creative answer.

Dating is just a game

BY SIMONE WILLIAMS
Lions' Pride Staff Writer

The Dating Game was hosted by TKE and Theta Phi Alpha on Monday, Feb.12 at 8 p.m. in the Lion's Den.

"The Dating Game is an '80s game. It's traditional for TKE to have this event. Three guys answer questions to win a date with a girl, and visa versa with three girls and one guy," said senior and TKE member Joshua Wethington. "The winning couple gets a $25 gift card to Olive Garden."

The evening started with a catchy old school jingle and giggles from girls vying for the bachelor's attention. The lucky bachelor was sophomore J.T. Kopas. The three giggly girls were freshmen Mariel Delehanty and Taylor Gildard, and sophomore Amy Persaud. Kopas asked the girls a variety of questions ranging from, "If I spent more time playing video games than with you, what would you do?" to "If you were a stripper, what would your stage name be?"

One particularly interesting question posed by Kopas was "Does size matter and why?" The competing girls had to blow up balloons to show what they thought was the perfect size. One particularly interesting answer to the question was given by Persaud, who blew up her balloon and proceeded to twist it into a balloon animal.

"Size doesn't matter, just make it creative," Persaud said after handing her balloon to the judge. Sadly, Persaud's creative answer didn't win Kopas' heart. Gildard was the victor.

In between round one and round two, a series of games was held for the audience to participate in. The first one was for girls only. The object of the game was to fit two girls into one pair of pants. The second game was for guys only. The object of that game was to win a race. But, it wasn't just any race. These guys had to run a distance in heels. David Salviejo won this game. The last game was coed and was in teams of two. The object of the game was to shave a balloon without it bursting. Winners of each game won a Dating Game t-shirt.

It was the guys turn in round two of the Dating Game. Freshmen Adam Wethington and Chris Hauff, and sophomore Chad Kinney competed for the attention of freshman Christina Chaparro. Chaparro's questions ranged from "What physical feature do you look for in a girl?" to "What's your favorite position?"

After Kinney lifted freshman Candace Chuck above his head in a cheerleading position called the chair, it's no wonder he came out on top and Chaparro choose him above the rest.

How to stay healthy and stress free

KATIE GAISER
Lions' Pride Staff Writer

Staying healthy in a college environment isn't always the easiest thing to do. While there are some who try to maintain a good diet and exercise plan, most students don't and eat whatever they want, whenever they want.

The freedom to make these decisions is part of what college is about. However, when students come to a point where they've consumed enough pizza and beer in a matter of days to match their body weight, it becomes apparent that it is time to make a change or two.

Students face many difficult decisions when it comes to what's best for themselves regarding a variety of things, including what to eat and when to eat it. It is not always easy to make the right decisions when it comes to food; and often times, appeal and convenience play a big role in this debate.

One problem students face is eating too much throughout the day. Many students eat out of boredom, snacking on whatever may be laying around their dorm room. A good solution to avoid eating unhealthy when boredom strikes is to stock the room with smart options.

"I keep healthy things to snack on when I'm in my room," said freshman Sommer Ulbrich. "I drink diet soda and eat things like pretzels or crackers."

Another way to establish good nutrition is maintaining balance when it comes to the choices available in the cafeteria.

"I try to switch it up," said Ulbrich. "One day I'll eat a salad or a sandwich, and the next I might have some ice cream or eat a slice of pizza. I try to balance it out, so I get everything I need."

It's also important to keep active any way possible.

"I make sure to walk to and from class everyday," said student chaplin Christina Beu, who resides in Snyder. "I like to rollerblade, and I also started going to the gym a couple times a week."

Exercise is a very big part of maintaining health. Other activities, such as running, participating in intramurals, canoeing and kayaking, and even going out dancing are good ways to keep moving. If all else fails, simply taking a walk can be beneficial as well.

Perhaps, the biggest problem students encounter that affects their health is stress. Every student at some point has to deal with stress in various aspects of life, including school, personal relationships, and family problems. Unfortunately, there are many young adults who do not know how to properly deal with stress. Instead of finding solutions, they often turn to the things that will only make it worse.

Many students look to food as a source of comfort. Some may eat too much, while others eat too little or not at all. Regardless of how one uses food to cope, it can be a very damaging thing to a student's well being. Those who binge on fast food and other poor nutritional choices are at a real risk of harming their health.

"Sometimes, I just need something fattening to take my mind of my problems," said Ulbrich. "I know it's not the best solution, but it makes me feel a little better."

If a student finds comfort in eating when things get a little too stressful, the best decision he or she can make is to eat something remotely healthy. While most low fat items may not be particularly appealing, they are ultimately the best choice.

Another way students can damage their health is by consuming too much alcohol. It is understandable that at the end of a long week many students want to let loose and drink to their heart's content. Drinking in moderation is not usually harmful to a student; giving the body a chance to recuperate is best.

However, drinking becomes a problem when students do it in excess. They fill their bodies with the harmful substances that cannot only damage their liver, but also kill brain cells. Too much consumption can make a student's health deteriorate in a very short amount of time.

The best way to deal with this problem is to know when to quit. Knowing one's limit and preventing over consumption will not only allow a student to continue to have a good time, but also ensure his or her ability to function consistently in the future.

Taking care of one's health is the most important thing a college student should do. Getting adequate amounts of sleep, eating right, and exercising are good ways to keep the body and the mind happy and healthy. It is also important to find proper ways to deal with stress. Students who take proper care of themselves will not only perform better in their studies, but also feel better in their everyday lives. For additional nutritional tips and guidelines, visit *mypyramid.gov* for more information.

SLU Babes: A huge success

BY DIANA RUSSO
Lions' Pride Staff Writer

Hey guys! Ever wonder what it is like to walk a mile in women's shoes?

Well, for eight daring young men, this is exactly what they did. On Friday, Feb. 16, Dani Diamond and the sisters of AST hosted the very successful and extremely humorous SLU Babes.

"The best part of the event was hearing the laughter from the crowd and seeing how much everyone enjoyed the event! I feel like it was a huge success," Diamond said.

Saint Leo university students Adam Wethington, Tyrell Johnson, Trevor Smith, Robb Oakley, Ryan Regensdorfer, Alex Slavin, and Sahji braved the crowd as they dressed like women and participated in events, such as talent and formal wear.

"I give women a lot of credit now," Oakley confessed. "It's not easy to wear these clothes."

Alongside the contestants were the very comical MCs, Amy Persaud and Amanda Laffin.

"I think being an MC was really fun," Persaud said. "First of all, I knew who won before anyone else did. I just wanted to help out my sorority. I had a lot of fun and had many compliments."

As the night went on, so did the anticipation of the final winner. The judges consisted of Trisha Ketchum and Rebecca Duke, both AST alumni, and Andy Johnson, a TKE alumni. After many hard decisions, they eventually narrowed it down to the final three.

Winning third place was Robb Oakley, winning second place was Alex Slavin, and the first place winner of SLU Babes was Tyrell Johnson, who took home a $75 gift card to American Eagle.

photograph by Jen Duffey

Regensdorfer and Sahji make fine women.

"I really think Tyrell deserved to win," AST member Brittany Recce said. "He has such a great voice and was really funny. The toe touch into the audience would have definitely been the winning vote for me."

This year, SLU Babes had a truly amazing turnout. Between the many wigs, dresses, makeup, and high heels, these boys definitely put their manhood to test.

Alpha Sigma Tau and TKE were able to raise more than $150. They are thankful to all who participated in the success of this event. It's not easy being in a beauty pageant, just ask any one of the eight courageous contestants. However, for some, such as David Salviejo, there were some perks.

"The best part of being in this pageant would definitely have to be…wearing the short shots," he said.

As one can tell, SLU Babes was hilarious, eventful, and most of all a huge success.

Arts & Entertainment

"Eddie The Eagle" ends broadcast blues at Leo

BY CAITLIN CRAFT
Lions' Pride Entertainment Writer

Are you ready to meet the man behind the microphone? He is Edward Kenney, assistant director of Saint Leo's athletic department, also known as Eddie the Eagle for those students who tune into the live broadcast of Saint Leo's sporting events. Since July 2006, Eddie the Eagle could be heard through computer speakers all over campus. And since the beginning of soccer season all the way through until now, and possibly into lacrosse season, he has captured the games and brought them straight into the homes of parents and lonely roommates.

"It is the whole reason I started this. It's for the parents of those athletes, so they can feel that much closer to their son or daughter even when they are far away," said Kenney.

Kenny came to Saint Leo University from a major rival, Nova Southeastern University. At Nova he held the position of sports information coordinator for three years. Among helping his department gain recognition for sports information, he also established the school in the SSC as the first one to hold internet broadcasting.

Even before his days at Nova Southeastern, Kenney was very involved in media coverage of selective sports organizations, including the Miami Fusion and the NHL Florida Panthers. He organized press coverage and wrote articles that were displayed on his self-managed website, Rivals.com.

Eddie Kenney is the voice that brings live sports broadcasts into homes and dorms.

In 2005, Kenney conducted a major broadcast of the NAIA Championship. This broadcast became a part of the pay-per-view archives. This really kicked off the start to the never-wanting-to-end service for Saint Leo students and parents.

"It is so hard to really know how many people are tuning in, but I can imagine a whole group crowded around one computer," said Kenney after he checked the latest numbers for the last broadcast. Only 35 people logged on.

Another perk to this fabulous broadcast is that it isn't costing or taking money away from anything. Stretch Internet provides unlimited broadcasting for a single fee once a year. Before Kenney invested into a sports mixer, the games could be commentated with a cell phone, a hands-free set, and a 1-800 number.

With his catchy name, Eddie the Eagle, which was given to him by two English students from Nova, and his impeccable knowledge of sports, he travels with the teams to as many games as he can, but he leaves it up to the students to come and support at home games.

"I'm only one person, but I try and make it to as many conference games as possible, but some seasons tend to overlap. I would love to get more people involved in this, but I can't help but enjoy it myself," said Kenney, who can be caught by Mrs. Kenney, also known as Mrs. Eagle, commentating in front of his own television at home.

Spring season programs hop up in 2007

BY ASHLEE MASULLO
Lions' Pride Staff Writer

This spring brings new television shows to the screen. Many television stations are alight with new, entertaining, and imaginative shows that few would or could bring to life.

Such television companies as FX Networks, NBC, and the CW (formerly WB) are producing new shows that are catching like wildfire. Whereas, others are keeping with the old and making them better.

FX cooked up a storm with its show *Nip/Tuck*. Its season finale was one of the craziest and most dramatic seen in quite a while. Now, its new piece of insanity is a thing called *Dirt*. *Dirt*, co-produced and starring none other than Courteney Cox Arquette, is ripping up a storm. Her husband, David Arquette, is producing alongside her, with their production company, Coquette. The show is about editor-in-chief, Lucy Spiller (Courteney Cox), who unravels mystery after mystery, exploiting the stories in her magazine, *DirtNow*. *DirtNow* is a collaboration of two magazines, full of fashion and morbidly devastating news. It's both upbeat and depressing. The lead photographer and narrator of the show is a twisted schizophrenic by the name of Don Konkey (Ian Hart).

Now, FX is bringing another show to its nightly line up. *Ri¢he$*, a dark comedy starring the infamous and extremely talented, Eddie Izzard, is hitting FX starting March 12. Ads for the upcoming show have been running like crazy; the show itself looks immediately entertaining, wrapping the audience in its comedic folds. The show is about a family who takes over the houses and lives of the recently deceased. They find out everything there is to know about the family and become the family. Although the premise looks a bit depressing and eccentric, Eddie Izzard shines a light on something that would otherwise seem dark and horrible. The commercials for this plot are hilarious, despite what the initial story line is actually about.

NBC is working up its own *American Idol* this season, calling it *You're the One That We Want*. This theatre-version of *American Idol* has been drawing fans since the beginning, with its critical judges and loveable contestants. The show is a search for the new Danny and Sandy of the upcoming Broadway showing of *Grease*. The show is so much of a big deal, that even the co-creator of *Grease*, Jim Jacobs, is set to be one of the judges. Now, if that isn't pressure, then what is?

www.fxnetworks.com

Courteney Cox plays tabloid editor Lucy Spiller, a determined woman who will do anything for a story.

The new and improved CW is having quite a few season finales of older shows, as well as bringing in a few new ones. New editions to the CW line up include, *Everybody Hates Chris*, *Beauty and the Geek*, *Girlfriends*, and *The Game*. *Beauty and the Geek* has an encore coming up soon, as well as others.

Everybody Hates Chris is narrated by none other than Chris Rock. It seems fitting, since the show was inspired by his experiences growing up as a kid. The setting takes place in Brooklyn in the 1980s and has already won several awards for its comedy and cultural influence. The show stars Tyler James Williams as a young Chris and has special appearances by Jason Alexander, as the principal.

Television programs for this season are becoming hits overnight, bringing audiences into the show's world and keeping them there until all hours of the night. Many college students have been known to stay up late, doing their homework, no doubt, and watching television. Quite a few are enjoying the newer episodes of older shows, such as *The OC* and *House*. Whereas, others are getting caught up in the new adventures of other television shows.

The Half Hour News Hour: Liberals Need Not Apply

BY JOSHUA M. SMITH
Lions' Pride Staff Writer

On Sunday, February 18, The Fox News Channel aired the first of two pilot episodes of the conservative-slanted news spoof *The Half Hour News Hour*.

Creator Joel Surnow, best known as the creator of the Fox broadcast network's hit show *24*, describes the new comedy as "*The Daily Show* for conservatives."

"We're not looking to be balanced," said Surnow. "For our show, it's a specific thing that we are delivering."

That specific thing is scathing satire of the American political left. A promo spot for the show warned potential viewers the show may be offensive to "The Left, The Far Left, Anyone Standing to the Left, Gay Penguins, Lawyers, The ACLU, Anyone With ACLU in Their Name, Democrats, People Who Voted for Democrats, People Who Know Democrats, Gay Penguins, Illegal Aliens, Space Aliens, Tom Cruise…"

A single clip of the show, released on YouTube.com before the first show aired, was viewed over 350,000 times in one week and garnered more than 3,500 comments, most of which were from liberals criticizing the show as "lame." The clip featured a segment on Barrack Obama mentioning his teenage drug use. It went on to also satirize Oprah Winfrey's magazine, *O*, by advertising "BO, The Barrack Obama Magazine," a publication promising "Don't tell mama, I'm for Obama" t-shirts with a paid subscription.

The show also took swipes at global warming alarmists in a segment on the "six degrees of global warming," where an actor portrayed a former game show host and current climatologist who could tie in global warming as the cause of various problems the world faces in six steps or less.

The show also featured an interview with a Che Guevara t-shirt seller named "Lenny," who defended his practice of selling shirts depicting murderous left-wing dictators and revolutionaries.

Between segments, there were fake public service announcements showing an American Civil Liberties Union member celebrating the group's more controversial actions, such as fighting to guarantee neo-Nazis the right to march in Skokie, Illinois and the right of pregnant mothers to use cocaine and not be charged with a crime.

Was the show funny? It probably depends on who you talk to. Liberals have described it as "mean-spirited" and filled with "personal attacks." Conservatives have countered that the same could be said of virtually all other mainstream political satire.

"You can turn on any show and see Bush being bashed," Surnow said to Variety magazine. "There really is nothing out there for those who want satire that tilts right."

For now, at least, there is.

The second pilot episode of *The Half Hour News Hour* will air Sunday, March 4 at 10 p.m. on the Fox News Channel, after which the network will decide whether or not to pick up the show.

Calendar of Events

Fri, 3/02/07 at 7:30 p.m.
Bruce In the USA
House of Blues Orlando, Orlando, FL

Fri, 3/02/07 at 8 p.m.
Patti Labelle
Ruth Eckerd Hall, Clearwater, FL

Sat, 3/03/07 at 5 p.m.
Mardi Gras: Wynonna
Universal Orlando, Orlando, FL

Sat, 3/03/07 at 8 p.m.
Clutch
The Social Orlando, FL

Sat, 3/03/07 at 8 p.m.
G. Love & Special Sauce
House of Blues Orlando, Orlando, FL

Sat, 3/03/07 at 8 p.m.
Orlando Philharmonic: the Music Man Bob Carr Performing Arts Centre, Orlando, FL

Sat, 3/03/07 at 8 p.m.
Patti Labelle
King Center for the Performing Arts, Melbourne, FL

Sun, 3/04/07 at 8 p.m.
Sugar Minott
The Social Orlando, FL

Mon, 3/05/07 at 7 p.m.
Clutch
State Theatre, St Petersburg, FL

Mon, 3/05/07 at 8 p.m.
Isis
The Social Orlando, FL

Tue, 3/06/07 at 6:30 p.m.
NO Fear Tour: Killswitch Engage, Dragonforce, Chimaira, He Is Legend
House of Blues Orlando, Orlando, FL

Wed, 3/07/07 at 8 p.m.
Maria Taylor
The Social, Orlando, FL

Thu, 3/08/07 at 9 p.m.
Rob Crow
The Social, Orlando, FL

Fri, 3/09/07 at 8 p.m.
Black Label Society
State Theatre, St Petersburg, FL

Fri, 3/09/07 at 8 p.m.
The Florida Orchestra: Madama Butterfly
The Mahaffey Theater, St Petersburg, FL

Fri, 3/09/07 at 8 p.m.
ZZ Top
Ruth Eckerd Hall, Clearwater, FL

Fri, 3/09/07 at 7:30 p.m.
Pepper
House of Blues Orlando, Orlando, FL

Sat, 3/10/07 at 6 p.m.
Jeff Foxworthy
Ruth Eckerd Hall, Clearwater, FL

Sat, 3/10/07 at 5:30 p.m.
Rockstar Taste of Chaos
Edge Concert Field, Orlando, FL

Sat, 3/10/07 at 7 p.m.
Black Label Society
House of Blues Orlando, Orlando, FL

Sat, 3/10/07 at 9 p.m.
The Hold Steady
The Social, Orlando, FL

Sun, 3/11/07 at 6:00 p.m.
Rockstar Taste of Chaos
USF Sun Dome, Tampa, FL

Sat, 3/17/07 at 5 p.m.
Mardi Gras: Temptations & the Four Tops
Universal Orlando, Orlando, FL

Mon, 3/19/07 at 7 p.m.
Nickelback
Amway Arena, Orlando, FL

Thu, 3/22/07 at 8 p.m.
Public Enemy
Hard Rock Live, Orlando, FL

Thu, 3/22/07 at 6 p.m.
Cartel
Jannus Landing, St Petersburg, FL

Fri, 3/23/07 at 7 p.m.
Public Enemy
Jannus Landing, St Petersburg, FL

Sat, 3/31/07 at 5 p.m.
Mardi Gras: Steve Miller Band
Universal Orlando, Orlando, FL

Sat, 3/31/07 at 7:30 p.m.
Jack's Mannequin
Edmund Center at Stetson University, Deland, FL

Sat, 3/31/07 at 6:30 p.m.
Lamb of God
Jannus Landing, St Petersburg, FL

Sat, 3/31/07 at 7 p.m.
5th Annual Rock, Roll & Remember
Coliseum Ballroom, St Petersburg, FL

Spring Break Top 10

BY JESSICA GRUBB
Lions' Pride Staff Writer

Saint Leo University, along with various others, will be taking their Spring Break around about the third week in March. As this designated time quickly approaches, students may find themselves wondering how they will spend Spring Break.

So, here are the top ten places for Spring Break.

Number 10. The best place to go for Spring Break '07 is a tropical resort filled will many college students, fruity drinks, and weather that makes Florida look cold. With none the less but Jamaica being number ten, students are sure to get a tan that will blow these Floridians away.

Now for those who choose to stay a bit closer to home, but still want the experience of a life time, number 9 might just be the place. South Beach in Miami. What else is there to say? Enjoy topless beaches, extravagant food, great shopping, beautiful people, and still be in the comfort of Florida. And with South beach being so close to school, about four hours, students don't even have to waste money on a plane ticket.

If students are feeling very lucky this Spring Break, they may just want to become acquainted with the number 8 hot spot. With great beaches and a fabulous casino life (for those over 18), Nassau ranks in to cure the itchy palm and that pale skin.

Now for those looking for something a bit more common, where they can meet and greet new people, then come to the number 7 location. With this area, students can party on the beach all day and in the pubs all night. A huge Spring Break party spot since before *Saved by the Bell,* Panama City makes it a long way to number seven.

Spring Break is supposed to broaden students horizons, giving them fun mixed with culture and great party life. So for those who are big music buffs, go to the number 6 spot, all the way to Texas for South Padre Island. Having one of the most unique musical districts in the country, South Padre Island can definitely cure a person's sound craving.

About half way down the list, it only gets better. Number 5 is a great place for beaches, night life, golfing, amusement, and even shopping. Almost trampling over number 6, the number 5 hot spot of Myrtle Beach, South Carolina is sure to cure Spring Break blues. With great beach hotels, interesting food, and beautiful golf courses, Myrtle Beach offers something for almost anyone.

Moving on to number 4, students may consider going south to Key West. Now although Key West has great beaches and night life, just as all the rest, Key West also offers something else. The natural beauty of the sunrise and land can ensure students the most romantic and relaxing Spring Break destination of all time.

The number 3 hot spot brings students all the way to the party capitol of Europe. No, it's not the place that *Hostel* was filmed, but it is Ibiza, Balearic Islands. Now, this is a bit more expensive than spots previous; however, for those who want a Spring Break they will never forget, this is the place to be.

Number 2 lets students go completely loose with their wallets and possibly even get great tans in the process, but don't drink the water because this hot spot is in Acapulco. With beautiful beaches and great shops, this Spring Break spot will help to keep an everlasting endeavor in mind.

Now, we've reviewed the top 9 Spring Break hot spots. Of course, this is all according to sherminstravel.com; however, they're definitely right on target with number 1, but here's a review first.

10. Jamaica
9. South Beach
8. Nassau
7. Panama City Beach
6. South Padre Island
5. Myrtle Beach
4. Key West
3. Ibiza
2. Acapulco

And, the number 1 Spring Break hot spot for 2007 hasn't changed since 2000. It is still and always will be the infamous Cancun, Mexico. With Spring Break being its claim to fame, Cancun has everything studemts will need to remember or even not remember this year's Spring Break.

No matter what students decide to do for Spring Break, whether its part of the top 10 or not, remember it's not where a person is, it's who he is with and how tan he can get.

Sports

Women in Sports Banquet celebrates female athletes

photograph by Jamie Pascucci

Runner Heather Laws (left) stands with Coach Cyle Sage (swimming and cross country coach) and Swimmer Erin Lucas (right) after both women recieved the $1000 scholarship for excellence in their sport.

BY JAMIE PASCUCCI
Lions' Pride Staff Writer

On Feb. 8 Saint Leo celebrated the 21st Annual National Girls and Women in Sports Day. The theme of this year's banquet was "Throw like a girl, Lead like a champion." This theme exemplified the dedication and hard work of Saint Leo's female athletes.

On January 24, 1986, an Olympic volleyball player, Flo Hyman, passed away suddenly while playing volleyball in Japan. The world lost an incredible athlete who was devoted to excellence on and off the court. Hyman's spirit and the achievements of women athletes are commemorated each year on National Girls and Women in Sports Day.

The Women's Sports Foundation organized the first official National Women in Sports Day celebration in Washington, D.C. in 1987 to remember and honor Flo Hyman. The Day is a nationwide event with celebrations in all 50 states and internationally.

At the sports banquet that was just held, Brooke Bennett, a two-time Olympian and multiple gold medal winner in women's swimming, was the recipient of the 14th annual Saint Leo University Women in Sports Achievement Award. Bennett gave a very encouraging speech. Most thought she was a great speaker. She went through setbacks and injuries just like most athlete.

At Saint Leo, there are eight NCAA division two women's athletics. The basketball team, who for the 2005-2006 season finished fifth in the Sunshine State Conference; the cross country team, who for the 2006 season finished sixth in the Sunshine State Conference; and the golf team, who finished seventh at the 2006 Sunshine State Gold Championships. The soccer team had a historic campaign in 2006, as the Lions set program records for wins (14), conference wins (6) and fewest losses (3), earning its first-ever berth in the NCAA Division II Tournament.

The softball team finished third, and the swimming team competed in NCAA division II for the first time in 2005-2006. The tennis team finished 0-8 in 2006 in the Sunshine State Conference, and the volleyball team finished third in the Sunshine State Conference for 2006. The cheerleading squad recently competed in the Florida State Championships.

At Saint Leo University, one female from every team received a $1000 scholarship to participate in the next season. This year, there were eight women who received this scholarship: from the basketball team, Dominique Daniels-Tolber; from cross country, Heather Laws; from golf, Mallory Rausch; from soccer, Ginger Davenport; from softball, Ally Maddox; from swimming, Erin Lucas; from tennis, Taylor Cleaves; and from volleyball, Amanda Cook. All of these women must participate in the next season to keep their scholarships.

The Elaine Evans Spirit of Saint Leo Award is presented annually to a female athlete for her contributions to the community. The recipient of the award is someone who goes above and beyond what is asked of her, shows the true spirit of the core vales of the University, and spirit for the community. The award is a $1000 scholarship for the current academic year.

The Spirit of Saint Leo award was created in 2004 in honor of Saint Leo women's basketball player Elaine Evans. Winners of the award embody the character of Evans, who passed away during her freshman year with the Lions.

This year for the 2006 season, the Elaine Evans award was given to Maria DeMaio, who is part of the soccer team and is very involved with the school. She is very involved with campus ministry and does so much for the community. Everyone was so pleased to see that this special award went to such a well-rounded woman. DeMaio has accomplished so much at Saint Leo University between keeping a high GPA, being a great teammate/ friend, being with campus ministry, and helping in the community.

photograph by Jamie Pascucci

Maria DeMaio and soccer coach Ged O'Connor. Maria DeMaio received the Elaine Evans Spirit of Saint Leo Award. Only one female every year receives this high award. It is given to a female athlete who does well on and off the field. Maria is very involved with her team, in the community, and with campus ministry.

Lacrosse team wins big

BY JOSEPH GENTILE
Lions' Pride Staff Writer

The Saint Leo University lacrosse team and its fans were recently honored by being chosen as recipients of the 2006 James "Ace" Adams Sportsmanship Award from U.S. Lacrosse.

The unique award recognized the behavior of the team's players on the field, as well as the support of fans on the sideline. Saint Leo's players and fans exhibited the best sportsmanship of all schools in the district according to the officials who worked in the district. The award is presented by the U.S. Lacrosse Men's Division Collegiate Officials Committee and is named after Coach Adams, who exemplified the highest standards of class and professionalism throughout his coaching career.

Being awarded with this honor shows how classy and deserving the lacrosse team is. In their inaugural season, they proved why they were given the chance to become a recognized sport and not just a club sport anymore. Not only the players but the fans got recognized for the respect they showed not only for their team but the other teams Saint Leo competed against.

This award comes after the Lacrosse team finished their first season. The school fielded a Division II varsity team for the 2005-06 school year after having a club program for the past two years. Saint Leo is the first four-year private or public institution in Florida to field a men's Lacrosse team.

Last year, the lacrosse team finished 3-9. They ended their season on a high note, though, by defeating Presbyterian College 20-5. Ryan Harris finished last season as the team's points leader with 31 goals and 17 assists. He will be returning as a senior this season.

Out of the whole roster from last season, they only lost two players, and this year the team only has 6 upper classmen. For the next couple of years, the lacrosse team will have a young group who will grow and mature together. As a young team, they will have more time to learn from their mistakes and correct them to become that much better.

They opened up their season with a 14-5 win over Savannah College of Art. Benjamin Brigham led the Lions with 4 goals and two assists. What a great way to get things started.